



**BHealth**

## MEAL REPLACEMENT

**Promotes Muscle Mass**

**450 G  
14 PORTIONS**

### INGREDIENTS:

Organic beetroot (Beta vulgaris), pea protein concentrate, rice protein concentrate, maltodextrin, acacia (fibres), fructose, vitamin and mineral complex (zinc citrate, vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B12, vitamin C and vitamin D3), calcium (calcium citrate), vitamin E, folic acid, biotin, magnesium, enzyme blend (proteases), stevia extract, natural flavour

### RECOMMENDED USE:

Mix in 1 full scoop (32 g) with 250 ml of cold water, milk (almond or soya) or your favourite smoothie.

## MADE FROM ORGANIC BEETROOT



ORGANIC BEETROOTS



NON GMO



GLUTEN FREE



APPROVED BY HEALTH CANADA



RECYCLABLE

*This product has not been evaluated by the FDA and is not intended to treat, cure, or diagnose any disease.*

## MEAL REPLACEMENT BERRY BLISS

BHealth Meal Replacement are balanced meal replacements that facilitate healthy weight loss. Made up of 100% natural ingredients including organic beetroot, our shakes help reduce cravings and maintain lean body mass. Among the many virtues of beetroot is their ability to reduce hypertension and enhance cardiovascular health.

### Did you know...

#### Organic beetroot (Beta vulgaris)

Beetroot is chock full of nitrates that transform into nitric oxide (NO) when in contact with human saliva. Nitric oxide is a potent vasodilator that dilates blood vessels, reducing blood pressure thus promoting increased blood flow throughout the body. This reaction brings about several great benefits:

- Helps the body to metabolize carbohydrates, fats and proteins.
- Maintains lean body mass.
- Reduces hypertension and blood pressure.
- Improves blood circulation.
- Improves cholesterol control.
- Helps the regeneration of red blood cells.
- Helps to detoxify the liver and blood.
- Helps to reinforce the immune system.

- Improves sports performance by delaying symptoms of fatigue.
- Reduces recuperation time after physical activity.

#### Pea protein

Yellow pea protein is entirely gluten-free, soy-free and dairy-free. This protein lowers levels of the hunger hormone ghrelin that tells your brain that you're hungry. It helps in the process of calcium absorption and plays a role in collagen formation. Pea protein has a great amino acid profile, including a lot of the branched-chain amino acids (BCAA) that are well known for decreasing muscle breakdown and providing the necessary energy for intense physical activity. Pea protein is a source of lysine, precursor of carnitine, the molecule responsible for converting fatty acids into energy and lowering cholesterol.

## BHEALTH MEAL REPLACEMENT ARE A BALANCED DIETARY SUPPLEMENT MADE FROM 100% NATURAL INGREDIENTS.

### GET ALL THE BEETROOT BENEFITS WITH A GREAT BERRY TASTE.



### Health Benefits

- Contains a host of vitamins and essential minerals to help keep your body running at its peak.
- Helps increase fat burning and promotes lean muscle mass.
- Supports a sense of satiety and healthy weight loss.

BHEALTH MEAL REPLACEMENT contain a host of vitamins, minerals and essential nutrients to help keep your body running at its peak. With a choice of great tasting Vanilla or Berry Bliss, our BHealth Meal Replacement can be a complement to a healthy lifestyle that incorporates a varied and balanced diet and regular physical exercise.

**CAUTION:** Consult a health care practitioner prior to use if you are pregnant or have health problems.